

Ingenious
Seabees!



Altruistic
Sailors!



The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 7
July 2006



Navy Reserve Force
**Sailor
of the Year
2006**

Partisan Do's & Don'ts for Armed Forces Members

Story by
Lt. Audry Oxley,
CNRFC Voting Officer

During an election year, many active component military members may wish to get involved in campaigning for their favorite candidates. What are the limits to their participation? Department of Defense Directive 1344.10, which covers Political Activities by Members of the Armed Forces on active duty, says that an active duty member of the Armed Forces:

MAY:

- Register, vote and express his or her personal opinion on political candidates and issues, but not as a representative of the Armed Forces.
- Promote and encourage other military members to exercise their voting franchise, if such promotion does not constitute an attempt to influence or interfere with the outcome of an election.
- Join a political club and attend its meetings when not in uniform.
- Serve as an election official if such service is not as a representative of a partisan political party, does not interfere with military duties, is performed while not in uniform, and with prior approval of the service secretary concerned.
- Sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot, if the signing does not obligate the member to engage in partisan political activity and is done as a private citizen and not as a representative of the Armed Forces.
- Write a letter to the editor of a newspaper expressing the member's personal views on public issues or political candidates, if such action is not part of an organized letter-writing campaign or concerted solicitation of votes for or against a political party or partisan cause or candidate.
- Make monetary contributions to a political organization, party, or committee favoring a particular candidate or slate of candidates.
- Display a political sticker on the member's private vehicle.

MAY NOT:

- Use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others.
- Be a candidate for civil office in federal, state or local government, or engage in public or organized soliciting of others to become partisan candidates for nomination or election to civil office.
- Participate in partisan political management or campaigns, or make public speeches in the course thereof.
- Solicit or receive a campaign contribution from another member of the Armed Forces or from a civilian officer or employee of the United States for promoting a political objective or cause.
- Speak before a partisan political gathering of any kind for promoting a partisan political party or candidate.
- Use contemptuous words against officeholders described in 10 USC 888.
- Perform clerical or other duties for a partisan political committee during a campaign or on an election day.
- Solicit or otherwise engage in fundraising activities in federal offices or facilities, including military reservations, for a partisan political cause or candidate.
- Sell tickets for, or otherwise actively promote, political dinners and similar fundraising events.
- Allow or cause to be published partisan political articles signed or written by the member that solicit votes for or against a partisan political party or candidate.
- Serve in any official capacity or sponsor a partisan political club.
- Participate in any media or group discussions as a partisan advocate.
- Conduct a political opinion survey.
- March or ride in a partisan political parade.
- Display a large political sign, banner, or poster on a private vehicle (bumper stickers are allowed).
- Participate in any partisan effort to provide voters with transportation to the polls.
- Attend partisan political events as an official representative of the Armed Forces or while in uniform.

This list is only meant as a guide. If you have specific questions consult DoD Directive 1344.10 or your legal or Judge Advocate General (JAG) Officer.



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NRC Now Called NOSC

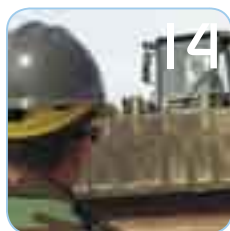
Navy Reserve Centers officially renamed to Navy Operational Support Centers!



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Runway ... Potholes ... Dirt ... Seabee ... Machine ... Done

Seabees have it down to expedite repairs on runways and roads.



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Navy Reserve Force Sailor of the Year 2006

And the winner is ...
Hospital Corpsman
1st Class(FMF)
David L. Worrell.



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Vast expanse of barren Iraqi desert looks like a good place to set up an outpost from scratch ... RIGHT!
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Parkview Baptist School knows how to make "their" Sailor feel right at home either in Kuwait or Baton Rouge.



Our Cover:

Navy Reserve Force
Sailor of the Year 2006,
Hospital Corpsman 1st
Class(FMF) David Worrell.

*U.S. Navy photo by
Mass Communication
Specialist 1st Class
Michael Moriatis*

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Vice Adm. John G. Cotton ... Chief, Navy Reserve

Rear Adm. Craig O. McDonald ... Commander, Navy Reserve Forces Command

Cmdr. Ed Bucalin ... Force Public Affairs Officer

Lt. Adam Bashaw ... Deputy Force Public Affairs Officer

Mass Communication Specialist 1st Class(SW/AW) Rob Kerns ... Editor

Mass Communication Specialist Seaman Quinn Whisner ... Assistant Editor

Mass Communication Specialist 2nd Class(SW) Kurt Eischen ... Photo Editor

Bryan W. Bordelon ... Creative Director/Graphic Designer

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The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rate, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

NEWS ONLINE ... *The Navy Reservist* current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.

Commander's View



Freedom certainly is not free. During the 4th of July holiday, Americans everywhere pause to celebrate 230 years of independence and democracy. "We the people" are free to enjoy the blessings of life, liberty and the ability to pursue happiness with our families. This is due to the sacrifices of many, including the thousands of military personnel forward deployed in support of the Global War on Terror.

We must always remember why we serve, especially the requirement to make our Navy stronger through sustaining combat readiness, continuing to build the fleet for the future, all while developing 21st Century leaders. Our Sailors need to "Stay Navy" through a "continuum of service" by serving and REserving. We are "Sailors for Life," and will have many opportunities to serve at home and away to help others.

The 2006 Navy Reserve Sailor of the Year nominees are featured in this issue, and we are very proud of their accomplishments. Hospital Corpsman 1st Class David L. Worrell was chosen to represent our force in a Pentagon ceremony this month and will be meritoriously advanced to chief petty officer by the Chief of Naval Operations. Each of these amazing Sailors is representative of the high-quality personnel throughout the Force. HM1 Worrell served with distinction in Al Anbar, Iraq. Thanks to his dedicated service, the lives of many Sailors and Marines were saved.

Other SOY nominees included Aviation Electronics Technician 1st Class Todd P. Brooks, assigned to Patrol Squadron (VP) 92 at Naval Air Station (NAS) Brunswick, Maine; Hospital Corpsman 1st Class Aaron P. Clifford, assigned to 3rd Reconnaissance Battalion, 3rd Marine Division at the Navy Operational Support Center, Fort Richardson, Alaska; Hospital Corpsman 1st Class Richard F. George, assigned to 4th Air and Naval Liaison Co., Navy Operational Support Center (NOSC), West Palm Beach, Fla.; and Aviation Warfare Systems Operator 1st Class Robert F. Weber, assigned to Helicopter Squadron (HS) 75, NAS Jacksonville, Fla.

Congratulations to all!

Force-wide progress to meet the DoD Common Access Card (CAC) update deadline of July 31 appears to be going well, but there are Reservists who still need to take prompt action to continue using NMCI. A USB CAC reader installed on home computers is necessary to access important websites. We need your help to enable the Navy to keep our NMCI network secure.

Are you ready? Have you reviewed your family matters and physical, medical and administrative requirements? We need to follow the lead of dedicated Sailors like HM1 Worrell and the thousands of mobilized Sailors, both AC and RC. It's not a matter of "if" you will be mobilized, but rather, "when." In addition to having CAC cards operational, be sure to have required mobilization information ready for deployment to your NOSC and then to a mobilization site. You are an important part of our Navy and our country's success. We are counting on your individual readiness to help fight and win the GWOT.

In our phone calls to Sailors across the force, we found many who have served and are "ready" to REserve!

In CENTCOM, GSM1 Roberto Torres deployed with Customs Det PAPA, and worked to have the state of Colorado issue Navy Reserve Veterans license plates. He looks forward to making chief and his dad is a former Marine with service in Korea. Also with PAPA, IT2 Bryan Baltimore from Charlotte, N.C., deployed to Balad, Iraq, and was impressed with the team effort there ... everyone mentored everyone else! His goal is to advance to IT1, get a college degree, and to be with his family for his daughter's high school graduation.

At NOSC Jacksonville, Fla., IT2 Anthony Hill lost 20 pounds by running and lifting weights while deployed with Customs Det OSCAR in Kuwait. He really enjoyed the team effort there and was featured in the local Jax newspaper when running a 10K race. PSSA Jeremy Honeywood served for one year at NOSC

Bangor, Wash., and already aims to be a master chief. He is well mentored by PS1 Jason Oreszko, and his foremost Navy memory is of Battle Stations in Boot Camp.

After 14 years of service, GM1 John McCowan is enjoying shore duty at NOSC San Jose, Calif., and credits GMC Lee Ray with turning his life around as a junior petty officer aboard USS Ticonderoga (CG 47). He will soon earn an accounting degree and is celebrating his marriage and honeymoon this month!

While visiting NOSC Louisville, we were very impressed with HT2 David Dobson, who fondly remembers active-duty periods at sea, in Hawaii and in Oslo, Norway during his 18 years of service. His mentor is HTCS Anthony Morris and he looks forward to advancing to HT1. Also at Louisville, EM1 Marcus Leggett is mentored by EMC John Brown and his brother, Col. Anthony Leggett, U.S. Army, while striving to make chief or perhaps warrant officer. He remembers a great visit to Palma, Spain, and also accidentally getting his ribs cracked with a fire hose as a DC3!

OS2 Michael Dodge from NOSC Orlando, Fla., aims to get his coastal warfare pin, make chief, take more college courses and get coxswain qualified ... very ambitious! He recently deployed to CENTCOM with ESD-222 and is guided by MA1 Paul Paquette and MAC Laurance Driscoll.

Our Sailors and their supportive families and employers deserve our heartfelt thanks, as we continue to provide even more effective operational support to the Fleet and Combatant Commanders. We receive their messages of thanks and appreciation daily. So please be very proud of your superb efforts on behalf of the citizens of this great country and others who are fighting for the same freedoms that we enjoy.

Vice Adm. John G. Colton
Chief, Navy Reserve

Sailors Matter



Happy Independence Day!

This is one of my favorite holiday celebrations. I truly hope you, your friends and family will be able to enjoy a safe, relaxing July 4th and reflect on the freedom of this great nation.

It is an exciting month in the Navy Reserve Force with a lot going on. In this month's issue, you will see a great section dedicated to five Sailors who were finalists for the Navy Reserve Sailor of the Year (SOY).

The dynamics for both Selected Reserve (SELRES) and full-time support (FTS) in the Navy-wide Sailor of the Year programs across the country was incredible. It seemed everywhere I turned, an FTS was integrated with different force structures and communities in a "Total Force" competition and in many cases being selected as finalist up to and including the Vice Chief of Naval Operations Shore Sailor of the Year, where YN1 Graham from REDCOM Northeast was selected as a finalist.

This is the first honor to be bestowed on an FTS Sailor. It's also a true testament to the great people we have and the fact that we are doing work that is making a difference in today's Navy.

Our SELRES process was equally

intense, with five finalists selected from an amazing group of Sailors nationwide taking part in a grueling process. I want to offer heartfelt congratulations to all who rose to the top and were submitted for consideration. We brought these five "superstars" to Washington, D.C., for a week. We then tackled the daunting task of selecting our SOY literally from the best of the best, where all are absolute winners.

This leads me to one of the major events this month that I wanted to highlight: the Master Chief Petty Officer of the Navy's Sailor of the Year Week. HM1(FMF) David Worrell will come to Washington, D.C., again to participate in a week where he will be meritoriously advanced to chief petty officer and proudly represent the Navy Reserve.

The other significant event I want to highlight is the beginning of our chief petty officer transition the "season of pride" in the Navy. Congratulations to all of those who were selected. I encourage you to work hard during your transition. Like so many other things in life, the more you give the more you will receive. We will proudly put those coveted anchors on your collar in September. I know you will have all the tools to lead the Navy of

tomorrow.

In closing as I draft this article, I think about the one character quality that has continued to come to mind: "honor," one of our Navy Core Values. I reminisced during SOY finalist week and thought about the finalists' spouses joining my wife, Teresa. They visited the National Archives building and viewed the original documents that laid the framework for our country. Honor.

I remembered watching each of our SOY's reading the eternal words inscribed in the Lincoln and Jefferson Memorials. Honor. The tomb of the Unknown Soldier, Arlington Cemetery, WWII, Korea, Vietnam Memorials. Honor. I think about the beginning of a transition season where, across the country, Navy chief petty officers will reflect on over a 100 years of history and re-emphasize what it means to be "The Chief" in a historical and challenging time in our Navy. Honor. I think about the 4th of July and the beautiful flag of our country. Honor. Shipmates, do what is honorable in your personal and professional life. *God bless you and see you on the deck plates.*

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force



Eleven paths that lead to leadership for an enlisted Navy Reservist to become an officer is chronicled. Numerous programs such as Regular NROTC, Contract NROTC, Two-year Contract NROTC, U.S. Naval Academy, Reserve Officer Candidate School, AVROC (Aviation Reserve Officer Candidate) Program, Officer Candidate School, NAVCAD (Naval Aviation Cadet), AOC (Pilot Training), NAO (Naval Aviation Officer Candidate), NESEP (Navy Enlisted Scientific Education Program), NENEP (Navy Enlisted Nursing Education Program) and NEDEP (Navy Enlisted Dietetic Education Program) are detailed for those who believe they have what it takes to be a leader.

Navy Reserve Centers Now Navy Operational Support Centers

It's official!

As of March 22, 2006, all Navy Reserve Centers will now be called Navy Operational Support Centers (NOSCs).

According to OPNAV NOTICE 5450, the name was a result of the Navy's vision for the name of the centers to more accurately describe the integrated role Reserve forces play in the day-to-day planning and operational requirements of the Navy.

Commander, Navy Reserve Forces Command, Rear Adm. Craig O. McDonald, says the name change reflects the job NOSCs do.

According to McDonald, the NOSCs provide ready

and fully integrated Sailors to the fleet on a daily basis.

"The name change is to show what the NOSCs actually do for the Navy. The mission will stay the same," said McDonald.

The change does not affect Marine Corps Reserve Centers.

"The Navy will use NOSC and the Marine Corps will remain Marine Corps Reserve Centers," said McDonald.

Naval Air Reserve commands are also renamed NOSCs and placed under appropriate Reserve Readiness Commands as Echelon V commands.

The official notice can be found at <http://navyreserve.navy.mil/> **TNR**



Commanding Officer, Cmdr. Jeffery P. Eaton and Personnel Specialist Seaman Recruit Quan D. Hancock unveil the Navy Operational Support Center (NOSC) Jacksonville, during the name change ceremony held onboard Naval Air Station Jacksonville. The renaming of all Naval Reserve Centers and Naval and Marine Corps Reserve Centers to Navy Operational Support Centers took effect on March 28, 2006.

U.S. Navy photo by Mass Communication 2nd Class Andrea Simmons

Notable

by Mass Communication Specialist Seaman Quinn Whisner

Common Access Card Login to Make Our Information Systems Secure

As the Navy makes more technical advances one particular change is making its way into Sailor's everyday lives in the form on common access card (CAC) logins.

Sailors are reminded they will be required to utilize their CAC when logging on to any Navy Marine Corps Intranet (NMCI) machine by May 22, 2006.

At this time, CAC is only authorized and issued to Selected Reserve (SELRES) members, active duty, select Individual Ready Reserve servicemembers and contractors whose duties require access to federal information systems.

The call for this new requirement is due to Homeland Security Presidential Directive 12 (HSPD-12-12).

What this means is the federal government is moving to a single form of identification cards, the CAC. This directive was signed Aug. 27, 2004, and will be fully implemented no later than July 31, 2006.

While the change may seem complicated, there are only a few basic steps necessary to activate the initial CAC login. These are outlined in a step-by-step instruction window on each NMCI computer.

Logging on Using Your Common Access Card

Step 1: Insert your CAC. The United States Department of Defense Warning Statement window appears. Read the message and click OK.

Step 2: At the prompt, type your Personal Identification Number (PIN).

Step 3: Click OK.



Accidentally Lock Your CAC?

If a member fails to type the correct PIN number three consecutive times, the CAC will be locked to further attempts. To unlock your CAC or to reset the password, follow these steps:

Step 1: Check with you CTR to see if your command has a CAC PIN Reset Station (CPR).

Step 2: If a CPR workstation is not available, visit a Real Time Automated Personnel Data Identification System (RAPIDS) location. A RAPIDS Site Locator is available at <https://www.dmdc.osd.mil/rsl>. Visit <https://es.cac.navy.mil> to schedule an appointment.

Step 3: Contact the NMCI Help Desk if further instructions or assistance is required.

Accessing Secure Web Sites

Step 1: Ensure your CAC is inserted in the reader.

Step 2: Open Internet Explorer and navigate to the secure web site. The Client Authentication dialog box appears prompting you to choose a certificate.

Step 3: Locate and click your Identify Certificate in the list.

Step 4: Enter PIN and user ID/password in following pop-up window.

For more information, contact your Navy Reserve Customer Service Center at 1-866-830-6466. **TNR**





Capt. Mark Jolivet, CHC, USN
Staff Chaplain,
Navy Reserve Readiness Command Midwest



Active-Reserve Integration in the Chaplain Corps

Each day, the Reserve Component (RC) more closely aligns itself with the Active Component (AC). However, for a long time this practice has been a regular part of operations within the Navy Chaplain Corps.

As the newly designated deputy chaplain for Reserve matters in Navy Region Midwest, I see the Chaplain Corps both AC and RC, as one. My new billet places me on the Region's staff, working together with all the religious ministry personnel and resources.

As part of this alignment, all Readiness Command (REDCOM) chaplains will become deputies for one of the five Navy regions. Some of these new billets are already on line, starting with REDCOM Southeast.

In June 2005, the Regional Religious Ministry Workshop was a working model of Navy Total Force cooperation. I joined my counterpart, Capt. Lewis Brown, chaplain for Navy Region Midwest, along with other chaplains to learn "Warrior Transition," a program designed to help those who have been in combat situations integrate back into both their commands and their homes. It was a vital topic equally needed at active bases and Reserve commands.

This July's workshop will further build on this unity, providing three days of joint training, sharing best practices and building linkage for ongoing joint ministry.

We built several essential connections for pastoral coverage throughout the region. Crane Naval Weapons Station in southwest Indiana no longer has AC chaplains, so RC chaplains living in the region now provide the ministry needs. They fill in on the weekends and cover the chapel schedule, providing the majority of days of support, and freeing other religious ministry teams from a long round-trip commute.

The "summer surge" at Recruit

Training Command, Great Lakes, Ill., brings in recent graduates and puts around 14,000 recruits on that base from July through September. This strains the capacity of the AC chaplains assigned to this rigorous duty, and RC chaplains have been the answer to meet the spiritual needs of the growing population.

"The combined ministry with our Reserve Component chaplains and religious program specialists is essential for the work we do - enhancing mission readiness," said Brown.

The integration of RC chaplains has also been essential for the work with the U.S. Coast Guard scattered around its inland waters. For example, Chaplain Jay Lambert of Mequon, Wis., has creatively used his Volunteer Training Unit career to provide vital support to the small USCG stations dotting Lake Superior and Lake Michigan. Like many parish clergy, he takes Monday as his day off, and frequently travels to where the Coast Guard needs him most.

On a recent Monday, he made the long drive to Minnesota near the Canadian border, ministering to personnel at a Loran station in Baudette, Minn. The Coast Guard has only one AC Navy chaplain serving in Milwaukee and another in Cleveland. So RC chaplains like Chaplain Lambert become the visible reminder that spiritual fitness is an essential part of our total sea bag. They provide a much-needed ministry of God's presence in the lives of those who go about their duty in far-flung duty stations.

A new Operational Ministry Center opened on the waterfront at Norfolk, Va. Others will soon follow in fleet concentration areas. At these centers, chaplains leave their ships when in port and gather to combine shore forces. This is where the total waterfront ministry is planned and accomplished, mentoring of chaplains and religious petty officers is

shared, training and certifications are obtained, and the Religious Ministry Teams have their "tool boxes" filled with the latest techniques. The design of these centers includes a total mix of AC and RC chaplains with their religious program specialists (RPs), and cannot be accomplished without a Total Force approach.

REDCOM Midwest will become the first site of the new Religious Ministry Center, bringing the Operational Ministry Center model to a major shore command. Five RC chaplains with their three RPs will join forces with those already at the command. Chaplain Brown and I will officially become one team, taking the next step in what we have already been putting into practice and provide a fully integrated ministry to all personnel in the region.

This means that the nearly 50 Navy Operational Support Centers in the new "supersized" REDCOM Midwest as well as all the commands at Naval Station Great Lakes and throughout the region, will become one joint ministry focus. Chaplains and RPs will be trained jointly. For more effective support, military funeral support, ministry to unauthorized absence Sailors and their dependents who call for counsel, Casualty Assistance Calls Office support, and the return of deserters for adjudication are some of the responsibilities the REDCOM chaplains will now coordinate on a regional basis.

Ministry in southwest Indiana, enhanced recruit ministry, and chaplain coverage to scattered Coast Guard stations are just the beginning in the Midwest region. A greater focus on spiritual fitness, a growing retreat ministry for marriage, family and personal growth, and the ability to create evolving ministry to support the operational needs of the Navy Total Force will be amplified by combining the gifts, talents and visions of all the Religious Ministry Teams. **TNR**

Help With Deployments

Dealing with deployments is never easy, but there are a number of tactics that can help you cope during this time.

If there is one thing that you can count on as a military spouse, it is that you will one day be separated from your significant other. Rare is the relationship that hasn't had to deal with a TDY here, a school there, or a world conflict somewhere. Unlike permanent change of station (PCS) moves, separations and deployments don't get any easier with experience, either. The trials and tribulations of such times often are further complicated by the tender psyches of children who don't always understand why mom or dad is gone ... again.

The blunt truth of the matter is simple: **You can choose to be miserable about it or you can cope with it.** If you wisely choose the latter, these five strategies can help you make your next goodbye less stressful.

1. Accept it. Denial is a comfortable thing. It is not, however, an effective tool for dealing with reality. No matter how much you dread the imminent departure, it's going to happen at some point. The sooner you accept it, the healthier for you, your spouse and your family.

2. Plan for it. Assume that something will go wrong before the sun sets on the day your spouse leaves. The car will break down. The washing machine will overflow. Your house will immediately become infested with termites. You name the crisis, it will happen. Why? No one knows. It just works out this way.

There is nothing you can do to prevent these issues, but you can plan for the unexpected by ensuring that your affairs are in order. For example, have your spouse update his power-of-attorney. The law of probability suggests that you'll need it when he's gone. It also helps to have a system in place for managing your joint finances while you're apart.

Finally, give your home an inspection prior to the big farewell, to see if anything is on the verge of falling apart. If so, try to take care of it before you're stuck handling the task alone.

3. Take action. Make no bones about it. You owe it to yourself, your spouse, and your kids to make the best of the situation. Keeping everyone busy is always a good bet. Try to maintain as normal a routine as possible for everyone's sense of security, but also use this time to do something special.

Continue your education, enroll your children in extracurricular activities, plan day trips to learn about local points of interest, or volunteer in your community.

You could become a source of strength for other spouses through your unit's family support group or through your own circle of friends. You'll find that doing so strengthens your own foundation as well.

In addition to your informal support structure, you have one compliments of Uncle Sam. An online visit to DoD's Military Homefront Web site (www.deploymentconnections.dod.mil) will link easily you to a number of useful sites to include Army Community Service's Deployment Readiness Guide, the Air Force Crossroad's Pre-Deployment Guide and others for information about pre-deployment briefings for Marine Corps and Navy families.

Finally, reach out to your loved one as often as you possibly can. E-mail messages, write letters and send photos and care packages. If you have children, involve them in the process in a big way. A picture drawn by caring little hands can mean the world to a separated parent. Make a real effort to keep things light. Your positive slant just might give your spouse the warm-fuzzy feeling he or she needs to know that you are doing fine.

No matter how well you plan for it or how well you deal with it, there will be low moments. That's OK. Remember that you have an existing support network in place. Use it. If you find that those low moments last for days, then have the personal courage to seek professional assistance.

4. Have a realistic homecoming. Despite what the rose-colored glasses may suggest, the world will not suddenly be perfect once your loved one returns. Indeed, there could be bumpy roads ahead as your family gets used to being around each other again. Although you didn't think it would, life continued despite the miles in between. Closing that distance is not always as easy as it may seem.

Be patient with yourself and your spouse. Don't expect an immediate return to the way things used to be. In fact, things might never be the same again. Let life happen in its own time without forcing the issues all at once. You'll find that patience, love and clear communications will go a long way to make everyone feel right at home in no time.

5. Know that it could happen again. For better or worse, you're married to someone whose life is often out of his or her control. Separations and deployments are something you might have to deal with over and over. Although it's challenging, keeping a sense of humor will help. **TNR**



Don't Wait To Lose Weight!



Story by
Mass Communication Specialist 1st Class Rob Kerns

Photos by
Mass Communication Specialist 2nd Class Kurt Eischen

The desire to lose weight is a constant battle for many. The feeling of victory with losing 10 pounds of body weight and the feeling of utter defeat with immediately regaining the lost weight, along with an added five to 10 pounds to boot, is common.

Today many doctors say the solution for permanent weight loss is a diet, but as part of a change to a healthy lifestyle.

For Information Technician 1st Class George Plowden, the change in lifestyle saved his Navy career and quite possibly his life as well.

"I had 17 years in the Navy and I weighed 297 pounds," Plowden said. "I was almost ready to give up on my Navy career. But, I saw people around me losing weight and keeping it off, so I went and talked to them."

What amazed Plowden when he spoke with co-workers was that they weren't on some trendy diet, but they had changed their entire health and exercise routine.

Plowden tried several diet plans advertised on television and books. But he soon realized an entire lifestyle change to maintain weight loss.

"My wife is my inspiration," said Plowden. "She and I sat down and went over a lot of the things we were doing in our lives that weren't healthy. We developed a plan for our entire family that would make us all more fit."

According to Plowden's wife Piney, the family began the lifestyle change with prayer and a doctor's visit in an effort to get as much help as possible in the journey.

Change is never easy, according to CNRFC Command Physical Fitness Coordinator, Storekeeper 2nd Class Nivea Estrada. She said change should never be taken lightly when it comes to physical fitness.

"If you have a medical problem you are dealing with or haven't been actively engaged in a PT program, see a doctor before beginning," she said.

The Plowdens completely restructured their family's eating and exercise plan.

Where before the meals were planned around heaping portions of everyone's favorite dishes every night, the focus shifted to eating foods better for the entire family.

"Giving up on pasta was hard for me," said Plowden. "Everyone has a favorite food and that's mine. There were some days when I would eat pasta for breakfast, lunch and dinner."

The change in his eating routine came at a crucial time for the Plowdens, as they were both warned by doctors they were showing early signs of diabetes.

"We were definitely worried about our health," said

Story continues on page 29



Change Is Never Easy ...



Condensed, Interactive Leadership Weekend Training Improves Efficiency, Saves Money

WASHINGTON — Thanks to a nationwide team of top Navy facilitators, which includes 200 Reserve Component Sailors and a new approach to training, leadership courses are now available in a more compact version at a Navy Operational Support Center (NOSC) close to home. This new curriculum gives Sailors required class-time training in two weekends, instead of two weeks.

Work center supervisors (WCS), leading petty officers (LPO), leading chief petty officers (LCPO), and department heads (DH) can now complete their respective leadership courses during two consecutive drill weekends at more than 70 NOSCs around the country. This localized training improves efficiency, training availability and saves time, money and resources.

In the past, Sailors used their entire annual training allotment away from their supported commands to complete these courses. Also, Reserve leadership training had been severely limited, restricted to the LPO and Officer Leadership Course (OLC) courses only. Now the courses are taught at more NOSC sites, making it easier for Reservists and local active component (AC) Sailors to attend the WCS, LCPO and DH courses.

Leadership training is now a prerequisite for advancement to E-6, E-7, and E-8. Second class petty officers must complete the WCS course, first class petty officers must complete the LPO course, and chief petty officers must complete the LCPO course before they may be advanced. After Jan. 1, 2007, Sailors must complete their respective leadership course before taking their exam.

"This is a ground-breaking

initiative, and one that truly represents a total-force solution," said Capt. Jack Webb, commanding officer, Center for Naval Leadership (CNL). "We have designed a comprehensive training system to enable Reserve Sailors to receive identical training to their active counterparts."

According to Webb, this program also capitalizes on manpower efficiencies by employing RC facilitators to deliver training on weekends and at more locations.

Capt. G. Mark Hardy, commanding officer, CNL Reserve Component, said each facilitator was selected through a competitive process. "Everyone in this program is the best of the best," Hardy said. "It's truly an honor and privilege to serve with these Sailors in this important new program that trains our future fleet." The RC facilitators will augment CNL's AC training workforce throughout the year.

Facilitating Navy Region Northwest's Work Center Supervisor course for nearly 500 RC second class petty officers in 10 states is no easy task.



In Portland, Ore., 26 second class petty officers were among the first

Sailors in the Pacific Northwest to attend the new course. Both facilitators said the new approach of making training available during drill weekends and at more locations is a big plus.

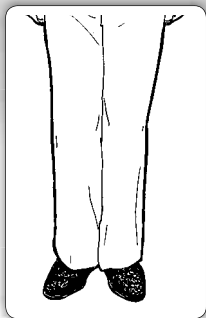
Senior Chief Machinist Mate George J. Walz, an AC facilitator at CNL Learning Site Bangor, Wash., helped facilitate the first WCS weekend in Portland. He is encouraged, especially since the new course approach strongly supports Active-Reserve Integration.

"Teaching lessons during drill weekends is a novel approach that greatly benefits the supported command," said Walz, "Sailors get the training they need and commands get Sailors who have completed the course, without giving up their annual training to do so."

Building strong leadership skills through training will continue to be key to the Navy's future.

"Everything starts and ends with leadership," said Chief of Naval Operations Adm. Michael Mullen, of the need for this additional training for Navy RC Sailors. "Nothing else we accomplish, no other priority we pursue, is of much consequence if we do not have sound and effective leadership."

The new training approach will help Sailors meet new leadership training requirements by the February 2007 exam cycle deadline. However, Sailors may take the August 2006 advancement exam before completing leadership training. Sailors should visit Navy Knowledge Online at www.nko.navy.mil, log in and click on the leadership tab to find out the latest Navy promotional requirements and to register for new leadership development courses. **TNR**



REGS TO THE INCH

Many Sailors trust their tailor to assure their pants or skirts (for females) are cut to the appropriate length; after all, it is their job to know these things. However, ignorance of the uniform regulations and blind faith in a tailor is not a excuse for wearing pants that are hemmed too high or too low.

A gain or loss in weight can make a uniform that was once tailored to perfection a tight squeeze lifting the hem line an inch or two.

This month we look at the hem lines for pants and skirts and see just how far a Navy dress blue jumper top should fall over the waist line.

Measurements are taken directly from the Navy Uniform Regulations NAVPERS 15665I. **TNR**



MALE/FEMALE BELTED SLACKS

Button all buttons, close all fasteners and wear a belt through all loops. Slacks shall hang approximately two inches from the floor at the back of shoe. Slacks should be tailored to include a two-inch hem to provide for additional adjustments.



ENLISTED MALE DRESS BLUES

Wear jumpers hanging straight at the sides, fitting comfortably across the shoulders without binding the armholes, and covering all but the lowest button on each side of the broadfall trousers. Sleeves are bloused so the bottom edge of the buttoned cuff cover the wrist bone when the elbow is bent across the front of the body. When wearing an outer garment, the jumper collar is inside the garment. An

BACK TO BASICS

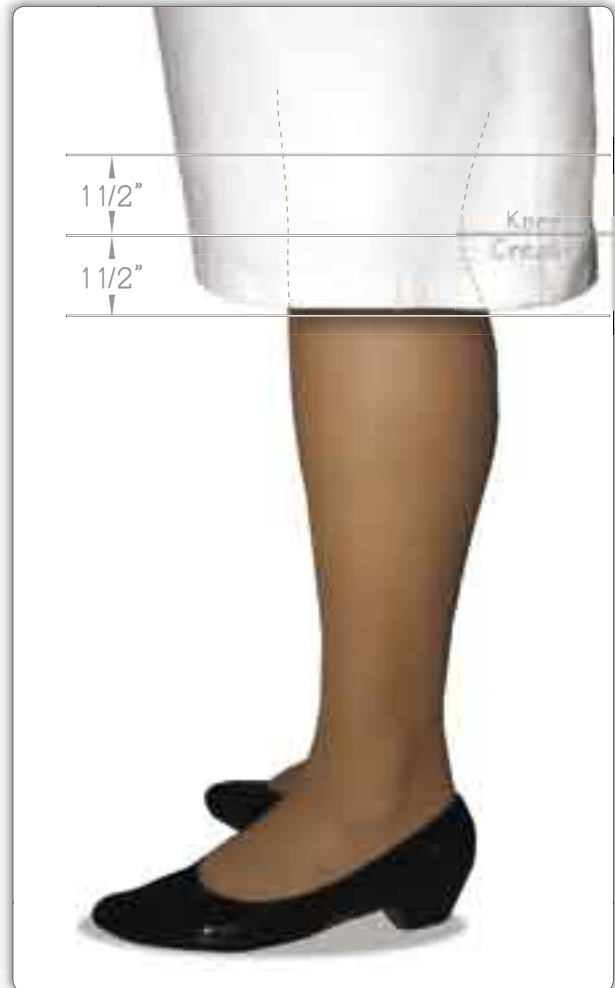
by CNRFC Public Affairs

*Note:
Photo representations are not to scale.*



One
Button
Visable

inverted sleeve crease extends down the arm at the inside and outside edges. The body of the jumper has an outward crease in the front, inverted crease in the back, and the collar has three evenly spaced outward vertical creases. When fitting the jumper to the Sailor, the unbuttoned cuff's edge shall reach the knuckles at the base of the fingers with hands handing naturally at sides.



FEMALE BELTED SKIRT

Length may range from 1-1/2 inches above to 1-1/2 inches below the crease of the knee. Wear belted skirts with zipper centered in back and a belt through all loops.



**Aviation Warfare Systems Operator
1st Class(AW/NAC)
Robert F. Weber Jr**

Hometown: Bayshore, N.Y.

Brief description of your job: Operations manager and rescue swimmer, Helicopter Squadron (HS) 75, Naval Air Station (NAS) Jacksonville, Fla.

Why did you join the Navy: The Navy seemed like a good job (after high school).

What advice would you give to Sailors to further their careers in the Navy Reserve: What I would tell them to do is get on NKO and start doing as many courses as possible, because sooner or later, that's going to be how we're getting promoted. The sooner you can get a jump on that stuff, you'll be ahead of the pack when it happens.

Who has been your biggest influence since joining the Navy: I look up to the chief's mess a lot. I think it's not just one person. There's a lot of good chiefs out there that provide a good example of what you should emulate.

What goals did you set for yourself that led you to become a finalist for 2006 Reserve

Sailor of the Year: Just getting on NKO, doing a lot of courses, trying to better myself ... just thinking ahead, looking ahead, seeing what needs to be done, formulating a plan and going for it.

The most interesting place you have visited since joining the Navy: The pyramids in Egypt.

Aside from your nomination for Reserve Sailor of the Year, what is your greatest Navy achievement: One that stands out the most is 1986 when I went to rescue swimmer school. At the time, it was the third hardest school in the Navy, and I was one of three graduates after four weeks of the school.



**Hospital Corpsman
1st Class
Richard F. George**

Hometown: Fort Lauderdale, Fla.

Brief description of your job: Leading Petty Officer, 4th Air Naval Gunfire Liaison Co., Navy Operational Support Center, West Palm Beach, Fla.

Why did you join the Navy: I joined the Navy in 1989. It was at that time in my life, the right thing to do. It gave me guidance.

What advice would you give to Sailors to further their careers in the Navy Reserve: Get as much education as possible (and) know that you are a representative of the United States Navy and conduct yourself in a professional manner.

Who has been your biggest influence since joining the Navy: It's not one particular person. It's been all my leaders at all my commands, the chiefs and above. I've had some really strong leaders help guide me to where I am today.

What goals did you set for yourself that led you to become a finalist for 2006 Reserve

Sailor of the Year: Trying to get as much education as possible, and just basically doing my job. It's an honor to be here.

The most interesting place you have visited since joining the Navy: Washington, D.C. There's a lot of history and a lot of veterans.

Aside from your nomination for Reserve Sailor of the Year, what is your greatest Navy achievement: The thing that means the most to me is crossing over from an Operational Specialist (rating) to a Hospital Corpsman on the green side. It's no longer a job, it's a love.



**Aviation Electronics Technician
1st Class(AW/NAC)
Todd P. Brooks**

Hometown: Waterford, Mich.

Brief description of your job: Inflight technician and quality assurance leading petty officer, Patrol Squadron (VP) 92, Naval Air Station (NAS) Brunswick, Maine.

Why did you join the Navy: My best friend, Roy Murphy, who's an Air Force Reservist. We just felt compelled (after Sept. 11) to be part of something bigger than life and secure our freedoms and make sure that our world's safer for our kids that are growing up.

What advice would you give to Sailors to further their careers in the Navy Reserve: Education, education, education, and really take charge of your own career. Don't rely on somebody else to plot your path.

Who has been your biggest influence since joining the Navy: I've had several great mentors. The chief's mess in Patrol Squadron 92 has been instrumental in helping me shape my career and Master Chief Van Reken from my active-duty days.

What goals did you set for yourself that led you to become a finalist for 2006 Reserve

Sailor of the Year: When I came back in the Reserve, really, my goal was to help other Sailors.

The most interesting place you have visited since joining the Navy: Probably Curacao, the Netherlands, Antilles and also Sicily. Just incredible places.

Aside from your nomination for Reserve Sailor of the Year, what is your greatest Navy

achievement: I was selected as a Wing Reserve Sailor of the Year, but more on a personal level, I would say graduating (Survival, Evasion, Resistance and Escape) School.

PROFILES IN PROFESSIONALISM



**Hospital Corpsman
1st Class(FMF/DV)
Aaron T. Clifford**

Hometown: Poulsbo, Wash.

Brief description of your job: Leading corpsman, Echo Co., 4th Reconnaissance Battalion, 3rd Marine Division, Navy Operational Support Center, Fort Richardson, Alaska.

Why did you join the Navy: I joined the Navy to get involved with special operations, combatant commands.

What advice would you give to Sailors to further their careers in the Navy Reserve: Study very hard for their rates, but (also) broaden their horizons.

Who has been your biggest influence since joining the Navy: My father, Nolan Clifford. He's retired Navy. He has been a great example as a father and as an example in his Navy career of the core values of Honor, Courage and Commitment.

What goals did you set for yourself that led you to become a finalist for 2006 Reserve Sailor of the Year: One of the goals that I set for myself was to do a combat deployment rather than wait for the call. I volunteered with the unit knowing it was going over to Iraq, and to be able to do everything I could during that deployment, to take care of any medical injuries that I had with the Marines.

The most interesting place you have visited since joining the Navy: The Marine Corps Mountain Warfare School in California. It was phenomenal.

Aside from your nomination for Reserve Sailor of the Year, what is your greatest Navy achievement: Up to this point it has been my first combat deployment and coming back safe, and being able to serve with the Sailors and Marines in Fallujah, Iraq.



**Hospital Corpsman
1st Class(FMF)
David L. Worrell**

Hometown: Sherrodsville, Ohio

Brief description of your job: Platoon Corpsman and Leading Petty Officer, Weapons Department, 3rd Battalion, 25th Marines, Regimental Combat Team 2, 2nd Marine Division, Navy Operational Support Center, Akron, Ohio.

Why did you join the Navy: I joined the Navy to serve my country and to get some schooling and have a good career.

What advice would you give to Sailors to further their careers in the Navy Reserve: I would say make the most of every opportunity that's given to you, get the best education you can get, and always remember to treat your men fairly.

Who has been your biggest influence since joining the Navy: Just about all the chiefs I've worked for in the Navy have all been a huge influence. They've all been fantastic mentors and they've guided me through my career.

What goals did you set for yourself that led you to become a finalist for 2006 Reserve Sailor of the Year: I set the goal of always putting my guys first and trying to do everything I could to make sure they were taken care of and that's how I've been judged.

The most interesting place you have visited since joining the Navy: Our nation's capital is my favorite place. I've been here several times in my career and it never ceases to amaze me. The amount of history and the symbolism is just mind boggling.

Aside from your nomination for Reserve Sailor of the Year, what is your greatest Navy achievement: My tour in Iraq that I just completed recently. That really has been the crowning moment of my career.



We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet.

E-mail the editor, navresfor_tnr@navy.mil for the submission form if you'd like to nominate a Sailor. Please include a high resolution (300 dpi) 5"x 7" digital photo of the candidate.

All U.S. Navy photos by Mass Communication Specialist 1st Class(AW/NAC) Michael Moriatis



RAPID RUNWAY REPAIR

Story by
Mass Communication Specialist Seaman Quinn Whisner

Photos by
Mass Communication Specialist 2nd Class Kurt Eischen

The training is tough, but the Sailors from NMCB 20 are tougher. Rapid runway repair is the name of the class, and these guys are loving every second of it.



"We are taking our training more seriously in the ongoing aftermath of 9/11. Everyday is a reminder of what could happen if we aren't prepared to do our job, and do it quickly," said Engineer Aide Petty Officer 2nd Class William Hubler.

The training these servicemembers undergo is in two parts: classroom and hands-on. Class leaders say the students prefer the hands-on training, hands-down.

"All of the students like to get out and see what they can do with their own two hands. It is a proud moment when they can look at their work and know that they, along with their fellow Sailors, have accomplished something great." said class leader Engineer Aide Petty Officer 1st Class Roy Jones.

The students in this particular class are learning the fine art of Rapid Runway Repair. There are several steps to make it work.

First, team one uses a front-loader to fill the hole in the runway by pushing debris surrounding the area into the affected area.

Second, team two uses a bulldozer to pack the debris into the hole.

The first two steps are repeated until the affected area is as stable as possible

Last, the third team uses a grader to grade the area level with the rest of the runway.

All in all, the hands-on evolution takes up to four hours to complete.

*"Each member of the teams is important. It is necessary to have everyone working together to get the job done, and they accomplish that goal every time. We are proud of our Sailors in every aspect, this training shows them how to continue that pride in themselves and their work." said Command Master Chief Richard Heiland. **TNR***





George

**NAVY
RESERVE**

Sailor of the Year 2006



Clifford



Weber

Story by
Mass Communication Specialist 2nd Class Barrie Barber

Photos by
Mass Communication Specialist 1st Class(AW/NAC) Michael Moriatis

WASHINGTON — Hospital Corpsman 1st Class David L. Worrell gave medical aid to Marines in combat in Al Anbar, Iraq, traveled on foot patrols and helped hunt mines hidden under scorching desert sands.



Worrell

Now, far from the sights, sounds and sometimes chaos of battle, the Sailor paces. He brushes off his perfectly tailored service dress blue-uniform as he waits in Reserve Force Master Chief David R. Pennington's Navy Annex office.

In the next moment, Worrell walks into a room next door and stands before five force and command master chiefs who will determine whom to choose among five finalists for the title of 2006 Reserve Sailor of the Year.

"Today's a little nerve wracking," the Dover, Ohio, resident said before leaving Pennington's office. "But what are you going to do? You can only speak to what you know."

He didn't have to worry. Chief of Navy Reserve Vice Adm. John G. Cotton and the selection board chose Worrell as the winner among the best of more than 43,000 enlisted Selected Reservists.

At an April awards ceremony inside Henderson Hall, no one seemed more shocked than Worrell when the announcement arrives.

"I am extremely humbled," he told his fellow Sailors. "I was the last one of the group (of finalists) that I felt was going to get this award. It could have been any of



Hospital Corpsman
1st Class(FMF)
David L. Worrell



Brooks



Reserve Force Master Chief David Pennington welcomes the five finalists in the Reserve Sailor of the Year competition to the Navy Annex in Washington D.C. FORCM Pennington was briefing the Sailors on the board that was taking place that morning.

us. You all deserve it."

He will be meritoriously promoted to chief petty officer in a courtyard ceremony at the Pentagon in July.

Cotton said Worrell is a well-spoken, energetic Sailor and combat veteran who represented the top among Reservists. He is the weapons department leading petty officer of 3rd Battalion, 25th Marines, Regimental Combat Team 2, 2nd Marine Division at Navy Operational Support Center, Akron, Ohio.

The hospital corpsman served in Iraq last year, and was responsible for the medical care of about 200 Sailors and Marines. He supervised 10 corpsmen, spearheaded a three-day combat lifesaver course for

the Marines before they deployed, set up temporary medical aid stations in Iraq to provide immediate relief and treated dozens of wounded comrades.

"It was a heck of an experience," he said. "It was tough being over there, but at the same time I wouldn't want to be anywhere else. My guys were over there, and I wanted to be over there with them."

"On a daily basis, everybody stepped up to the plate and did what needed

to be done," he said.

Worrell, who in his civilian job manages a phlebotomy department at a hospital, left active duty and three months later joined the Navy Reserve.

"I absolutely love it," he said. "I wouldn't want to do anything else. I like the camaraderie and the teamwork in the Marines. It's a lot more exciting being out in the field. It has a lot more job satisfaction. I've worked with a huge number of heroes."

Each finalist, Adm. Cotton said, stood out.

The other finalists were:

- Aviation Electronics Technician 1st Class Todd P. Brooks, assigned to Patrol Squadron 92 at Naval Air Station Brunswick, Maine. Brooks managed and audited about two-dozen P-3 Orion maintenance programs while training Sailors in cutting edge technology skills. According to a recent citation, his leadership also contributed

Assistant Secretary of Defense for Reserve Affairs, Thomas Hall speaks with the Reserve Sailor of the Year finalists and their spouses at the Pentagon on April 25, 2006 about Reserve matters.





Touring the Eisenhower executive building on the White House grounds.

to high squadron retention and Sailors' advancement rates.

- Hospital Corpsman 1st Class Aaron P. Clifford, assigned to Echo Company, 4th Reconnaissance Battalion, 4th Marine Division at the Navy Operational Support Center, Fort Richardson, Alaska. Clifford was cited for his leadership in Iraq in 2005 where he safely completed 104 combat patrols that lead to the capture of 20 insurgents. He also streamlined medical evacuation procedures. As an Explosive Ordinance

Disposal apprentice, he "saved countless lives" with the destruction of more than 100 projectiles, a citation states.

- Hospital Corpsman 1st Class Richard F. George, assigned to 4th Air Naval Gunfire Liaison Co., Navy Operational Support Center, West Palm Beach, Fla. George served as a leading petty officer in Iraq in 2005, supervising five hospital corpsmen. They and 33 Marines returned from deployment after completing more than 125 combat missions without a casualty. George also

volunteered to teach the U.S. Army advanced cardiac life support, and aided in many U.S. and Allied medical evacuations while streamlining procedures.

- Aviation Warfare Systems Operator 1st Class Robert F. Weber, assigned to Helicopter Squadron (HS) 75, NAS Jacksonville, Fla. Weber helped train the squadron's rescue swimmers who saved 143 civilians from Hurricane Katrina flood waters that ravaged the Gulf Coast last year. As squadron operations manager, he directed the safe completion of 120 flights over 370 flight hours with a 98 percent sortie completion rate. He also helped increase squadron warfare qualifications by 53 percent.

For their achievements, each Sailor received the Navy/Marine Corps Commendation Medal.

"They're all accomplished, they're all well-qualified, and they're all going to be chiefs," Cotton said.

Pennington said each has broadened their minds, gave from their hearts, worked with their hands and tackled tough jobs in the Reserve Force. They were judged on consistently superior performance, duty assignment, leadership, self-improvement, command and community involvement and appearance.

"None of them recognized themselves as heroes," said Command Master Chief Teresa Carroll, a selection board member from Naval Coastal Warfare Squadron 33. "That's what's so incredible. You could see the passion in their eyes."

Readiness Command

Mid-Atlantic Command Master Chief Dwight M. Holt, a selection board member, said Worrell showed he had faced the reality of combat bravely.

"He stood the watch, and he put himself in harm's way to save others," Holt said. "Those he could not save, you could see in his eyes it was part of him."

Welcome to Washington

It was a hectic three days and four nights in the nation's capitol for the five finalists. Along with their spouses, they toured the White House's West Wing, roamed the Pentagon's sprawling corridors, visited the fabled Dwight D. Eisenhower Executive Office Building, and paid homage at national monuments from the Jefferson Memorial to the Korean War Memorial.

The finalists also met privately with high-ranking military leaders including Assistant Secretary of Defense for Reserve Affairs

The five finalists in the Reserve Sailor of the Year competition are pictured on the grounds of the Netherlands Carillon in Washington D.C. Pictured from left to right are Hospital Corpsman 1st Class(FMF/DV) Aaron P. Clifford, Aviation Warfare Systems Operator 1st Class(AW/NAC) Robert F. Weber, Hospital Corpsman 1st Class(FMF) David L. Worrell, Hospital Corpsman 1st Class(FMF) Richard F. George, and Aviation Electronics Technician 1st Class(AW/NAC) Todd P. Brooks.

Thomas Hall, a former Chief of Navy Reserve; Deputy Assistant Secretary of the Navy for Reserve Affairs and Medal of Honor Recipient Harvey "Barney" Barnum; and Master Chief Petty Officer of the Navy Terry Scott.

"You couldn't dream or imagine a week like this in your life," Brooks said. "It's been absolutely incredible. I've probably had my eyes well up more this week than I have in the past."

At the Pentagon, Cotton led the group to Ground Zero, the spot where American Airlines Flight 77 slammed into the Pentagon. The explosion killed 125 unsuspecting people inside the building, and 59 passengers and crew and five terrorists aboard the jet during the Sept. 11, 2001, terrorist attack.

A small chapel stands at the point of impact now, a remembrance of those that perished. Four stained-glass windows commemorate

the victims and where they worked.

The first has the words: "I will support and defend ..." and the last "... so help me God" -- A reminder of the oath every Soldier, Sailor, Airman and Marine swore to when they enlisted.

Inside, a single scorched limestone panel remains, inscribed with the date Sept. 11, 2001.

Inside, Cotton met up with a civilian tour group that joined the five finalists when the admiral spoke about the role of every American to be on watch in the age of the Global War on Terror. Not every conspirator with a boxcutter and a plan was captured that day, he told them.

"We're all in this together," he said.

Down a nondescript hallway, the Reflection Room stands apart from the norm. Inside, the names of every Navy victim who died that day, Sailor or civilian, is listed in stone.

The admiral, who returned to active duty after 9-11, from his job as an American Airlines pilot, had a personal connection. Charles F. Burlingame III, the sixth name on a list of more than 50, was Cotton's flight instructor in the Navy. Burlingham was the pilot during the doomed flight that struck the Pentagon, the admiral explained to the nearly silent group.

"I do it for all those people we lost on 9-11," he said.

The five Sailors posed for pictures with Cotton and Force Master Chief Pennington at the Pentagon press briefing room.

Then, down a hallway, the unexpected happened. A harried Adm. Edmund P. Giambastiani, vice chairman of the Joint Chiefs of Staff, walked past with the group on his way to a meeting with Secretary of Defense Donald Rumsfeld. Giambastiani stopped to quickly say hello and shake

hands. An aide hands out his four-star command coin.

"How about that, huh?" Cotton said. "You never know what happens around here."

Meeting with the finalists in his spacious office, the Reserve Force's top officer told them about their roles as leaders and their duties as Reservists.

"You're a Sailor for life," he said.

The finalists' time in Washington, D.C., was an experience of real-life lessons. Earlier in the week, Barnum, a retired Marine colonel who served in Vietnam where he earned the Medal of Honor, told the five the Global War on Terror will be a long one.

"Freedom isn't free," he said.

Hall had a like-minded message: stay vigilant and stand prepared. "Reservists can expect to be recalled at least once every six years," he said, adding "terrorists are planning more attacks."

"They'll hit our nation if they can," he said. "A lot of America doesn't realize that. The Guard and Reserve are going to play an important role in that (battle) over the next few years." "This is a long war. We've got the support of America."

Scott told the Sailors they must set the right conditions to challenge the Sailors they lead to excel. Borrowing a phrase, the master chief said to focus on the mission now and the future ahead.

"Steer by the stars, and not by the wake," he said.

TNR

**Standing Tall in
Washington:
Choosing from the
"Best of the Best"**

July 2006 • TNR • 19



Seabee

Ingenuity = Innovation in Hostile Iraqi Desert

Words & Images:
Mass Communication
Specialist 1st Class
Leslie A. Shively

Small breezes whisked the fine Iraqi sand into a biting froth cutting nasal passages and stinging skin like tiny electric shocks.

Naval Mobile Construction Battalion (NMCB) Twenty-two Seabees shielded their faces while they dug fighting positions and surveyed an area deep in the desert near the Syrian border.

The Seabees arrived to build a camp for the Iraqi Security Forces (ISF) with little more than hand tools, lumber, plywood, generators and a few pieces of heavy equipment.

Plans included everything from cooking and berthing spaces, showers, water and fuel storage, plus waste management facilities.

Since the site was nothing but a vast expanse of barren desert, the crew bedded down in sleeping bags laid on the ground or tucked

into concealed areas around the camp's perimeter during the first weeks on site.

For hygiene, they resorted to "mission essential" baby wipes, and if they could find a semi-private spot, a bottle of water, a sliver of soap and a wash cloth.

"It was really dirty and cold. We had nothing to keep the wind off our backs," said Builder 3rd Class Rudolph Robles, who was one of the first to work on NMCB-22's most isolated outpost in Iraq. "When you're coming from a place where there's nothing, you have to create all your amenities. You have to create the ability to go to the bathroom, store water, to get power. Because of the military operations, this has to be done in a very short time scale," said Lt. Cmdr. Anthony Spinler, NMCB-22's operations officer.

According to Spinler, NMCB-22's military mission at Combat Operation Post (COP) South and throughout the area of operations played an important role in the overall scheme of providing support and security for Iraq.

"With posts like this, the Iraqi Army has a safe place they can stage from, just like we have our bases at home. This is a place where they can come and resupply, fuel, rest up and then push out," said Chief Construction Electrician David Benavides, who was in charge of electrical and plumbing installation at COP South. "They can keep their military up and running with a show of force, leave from here to do their patrols, and take care of business."

After the Seabees and Marines secured the area, the crew began creating a small town in the middle of a wasteland.

Seabees were not the only group building the camp. Several weeks into the project, Army engineers assisted with construction.

Two major building challenges confronted these Seabees and their Army colleagues.

First, the sand is less like Waikiki beach and more like baby powder. "It gets into everything, gets very gummy and very hard to maneuver equipment," said Spinler. "You have to put down a lot of construction to ensure you have firm footing and you constantly have to manage that."

RIGHT: The prefabricated components for a hardened dining facility at the prefab yard.

FAR RIGHT: A crew of Naval Mobile Construction Battalion 22 Seabees prefabricate building components to construct large numbers of units in a small amount of time.



RIGHT: A portable shower stall where bottled water filled a bladder and was hug over the individual for a gravity shower.

FAR RIGHT: The Seabees pride is shown by hanging a Texas and a Seabee flag at their camp in COP South.

BOTTOM: Engineering Aide 2nd Class Arturo Sanchez (right) and Equipment Operator 3rd Class Jackie Guthrie lay a foundation.



He said gravel helped provide a workable surface.

Second, materials must be conveyed to the site. Convoys are the major method of moving materials in Iraq, but roads are rough and insurgents often place improvised explosive devices (IEDs) along routes. Security is provided by Marine or Seabee Tactical Movement Teams.

Foremost on the building agenda were strongback tents with flooring and frames to provide

shelter. Once the strongbacks were constructed, the crew moved on to building Southwest Asia (SWA) Huts, all-purpose buildings with four walls and a roof on a wooden base. In order to facilitate building the large number of SWA Huts planned for COP South in a minimal amount of time, production was streamlined in innovative ways using pre-fabrication and an assembly line-process.

"All lumber is pre-cut to length

and tasks are divided up. One crew assembles trusses, while another assembles walls and another assembles floor joists," said Lt. Richard Windham, officer-in-charge of COP South.

According to Windham, after all components were cut, those were bundled together as a "kit" from roof to stairs. Conveyor crews transported the kits to the project site.

This process allowed Seabees to build a 520-man camp in



approximately two months.

"We've got (plywood) cut at a different angle so our scrap can be used as gussets. It saves three people about 10 hours a day cutting gussets. The pieces we use to put together trusses (also) hold parts together (for transport)," said Builder 2nd Class Hans Osgood.

Another Seabee innovation at COP South was the two-bay hardened dining facility (DFAC) designed to withstand an 81-mm mortar hit.

The building has no windows, extra support beams inside and six layers of sandbags on the roof. HESCO (Hercules Engineering Solutions Consortium) barriers, collapsible wire mesh containers lined with heavy-duty plastic filled with dirt, surround the outside of the DFAC. HESCOs protect against rifle bullets and shell fragments.

The COP South DFAC was the

second building the crew built, with much of the design worked out on the spot. Osgood said in order to solve construction problems, he got his crew together, pooled ideas, then opted for the best.

He said his biggest challenge was not having a hardware store to run to for extra supplies. "You adapt, overcome and figure out ways to use something else in place," said Osgood, adding that he was proud he and his crew built two DFACs for the battalion, and they were the third and fourth ones built in Iraq.

Osgood felt his crew's accomplishment should be an historical footnote included in the Seabee Combat Warfare pin qualifications, asking, "Who built a two-bay, hardened DFAC with nine people in five weeks in Iraq?"

Even after tents were raised and a shower trailer installed, daily life was still a challenge for

the crew. Generators provided power to illuminate a single fluorescent lamp and a small heater, barely warming each four-man living tent. Toilets were "four-hole burnouts," four-stall wood outhouses equipped with toilet seats. Instead of plumbing, one-half of a 55-gallon drum collected waste. Each morning, the drums were removed, diesel fuel was added and the contents burned.

Portable solar showers, obtained by the battalion chaplain, Lt. William Stewart, from generous supporters back home, were available for those who wished to bathe more often than the five-day rotation for the shower trailer. Shower bags were filled with water, hung above the head and used gravity to control flow. Others filled buckets with water and dumped it over their heads, soaped down and then rinsed. Between showers, everyone used

baby wipes.

At day's end, darkness fell swiftly across the desert camp and a deep chill settled. Seabees gathered in the MWR tent or inside their berthing to eat since hot meals were unavailable. Music, a rousing game of Spades, reading mail or just plain talk filled their evening hours.

After everyone settled into sleeping bags and cots, a pack of dogs began yapping and growling outside the tents. No one knew where the dogs came from, but paw prints evidenced their intrusion into camp.

Bi-weekly, a Marine Corps Exchange trailer, mounted on the back of a semi-truck equipped with a turret and machine gunner, arrived with some comforts such as towels, deodorant, sodas, dried soup, t-shirts and the all-important batteries.

Despite the challenging lifestyle, many Seabees felt comfortable.

"Living out here is like country living. You get up before the sun and you're working when the sun finally comes up. You quit probably 30 minutes before the sun goes down by five o'clock. By the time we get back to camp it's 5:45. There's nothing to do but go to sleep," Benavides said.

But they still missed home.

"The hardest part of being out here is communication with the families," Benavides said. "We've got one DSN phone line. Right now we have over 100 people out here, so comms with family is one of the big issues."

Yet many Seabees feel their presence in Iraq is worthwhile.

"(We're) doing this for the (Iraqi) kids," Robles said. "When they grow up, they'll have the freedom and be able to make choices for themselves instead of being told what to do. They'll be able to think for themselves."

"We're is watching the Iraqi people grow individually," said Construction Mechanic 2nd Class Karen Cato, an NMCB-22 member who drove a 20-ton truck convoying supplies to COP South. "And as a nation, to become something, in essence, they've never been before which is free." **TNR**



OPPOSITE PAGE: Affectionately called "mood dust" by the Seabees working there, the desert sand in Western Iraq is so fine and the area so dry that merely walking kicks up clouds of dust as Builder Constructionman Samuel Scholette, left, and Builder 3rd Class Jonathan Wyatt pick up and carry a four-by-six beam to their work area.

FAR LEFT: Construction Mechanic 2nd Class Jorge Landeros' daily regime included cleaning and lubricating equipment and parts due to the very fine silt Iraqi sand impregnating everything.

LEFT: Builder Constructionman Apprentice Holly Schiel uses a worm-drive circular saw to cut gussets, pieces of plywood nailed across a joint for support. These gussets were cut from scrap, saving three people around 10 hours a day doing the job in between building.

Personnel Specialist 3rd Class
Dawn Stewart paints walls.



Strong Foundations

Story by Mass Communication Specialist 2nd Class(SW) Sunday Williams
Photos by Mass Communication Specialist 2nd Class Andrea Simmons

**NAVY
RESERVE**

**& Habitat
for Humanity®**



JACKSONVILLE, FLA. — Sailors at Navy Operational Support Center (NOSC) Jacksonville, Fla., changed their everyday routine April 10 to team up with Clay County, Fla., Habitat for Humanity.

The Sailors got together in Green Cove Springs, Fla., to help Maliza Wilson work on what will soon be her new home.

Wilson, a single mother of three, was overjoyed with the turnout from the NOSC and grateful for the support.

"This is my first home and I am so honored that these Sailors have taken the time to come out and help," said Wilson.

She said her children are excited as well. Her 13-year-old daughter Na'Keisha, 12-year-old son Floyd, and 8-year-old daughter Tyeisha will all have their own bedrooms and a place to call home.

"We live in a small apartment right now and the girls have to share a room," said Wilson. "It will be a nice change for them to have space and privacy."

Sailors from the NOSC were excited to help and all had their own reasons for participating.

"This is just such a great opportunity to help someone own their own home," said Chief Personnel Specialist Deana Bess.



Boatswain's Mate 3rd Class Shannon Pitt said she enjoyed being able to work hands on with the homeowner.

"It is so fulfilling to be able to help this family and work with them to better their lives," Pitt said.

Each Sailor brought something different to the project and those who did not have experience learned something new.

According to Frank Wheeler, the site/construction supervisor for Clay County Habitat for Humanity, he was more led to participate in the program rather than choosing to.

"Something about the project just pulled me into it. It is more like it chose me," said Wheeler. "I really enjoy it and it means a lot in many ways."

Wheeler, along with his wife and three daughters, recently qualified for one of the new homes as well. Wheeler explained his new home makes him all the more proud of what he does.

"This program allowed my family to afford a new home and we are thankful," Wheeler said. "Now every job I do has a little extra because I really feel like I am giving back."

Clay County Habitat for Humanity started in 1977, but was not actually known as a Habitat affiliate until 1987. Since their beginning, they have built 100 homes.

Vice president of the executive board for Clay County's Habitat for Humanity, Jerry Kemp, explained the process how someone is selected to qualify for a home.

"The selection process is based mostly upon family need and income," Kemp said.

Kemp said applicants must go through a screening process including an interview with the family housing committee.

Families may be on a waiting list for about one year.

According to Kemp, it takes about 4,400 man-hours to complete one home, and the Navy provides many of those hours.

"We have many volunteers come out to help us, but the Navy makes up the majority of our volunteer base," Kemp said. "We are so thankful for our military because they bring so much experience and motivation to the project."

According to Kemp, the volunteers are not the only ones putting in the hours for the home; the homeowner is required to put in some labor as well.

"We ask the homeowner to put in 300 hours on site if they are single and 500 hours for couples," said Kemp. "This allows them to give back as well as really feel like it's their home."

In addition to the labor, the homeowner must put down a \$1,000 down payment. The down payment will still go towards the home.

According to Wheeler, the money is used to purchase extras for the home. He and his wife used their money to buy light fixtures for their home.

Habitat for Humanity is making progress in many ways according to Kemp. He said the Board of County Commissions will hold a meeting this month to look at making homes available to the workforce in addition to low-income families.

This will allow police officers, firefighters, military and teachers to also qualify for Habitat for Humanity homes. Kemp said he hopes to see the meeting turn out positively for the workforce families.

The homes built appraise at around \$150,000, but will only cost the homeowner around \$75,000. Kemp said the great thing about the price is there is no interest in Clay County for these homes, so all payments go to principle.

Kemp said the program does what it sets out to do and that is make a difference.

"It's a way of giving back and helping people who are in a bad situation and making it better, there is no better feeling than that," said Kemp.

For more information about Habitat for Humanity or how to volunteer, visit www.habitat.org. **TNR**



ABOVE: Commanding Officer of the Navy Operational Support Center Jacksonville, Cmdr. Jeffery P. Eaton saws a baseboard while Aviation Structural Mechanic 2nd Class Aaron Sieg watches.



ABOVE: Chief Personnel Specialist Deana Bess fills cracks and holes of door frames.

LEFT: Hospital Corpsman 1st Class Nathan Walden positions a baseboard before nailing.



BELOW: Sailors assigned to the Navy Operational Support Center Jacksonville, Habitat for Humanity coordinators and Maliza Wilson, the future house owner, pose for a group photo.

SCHO

STORY BY MASS COMMUNICATION SPECIALIST 1ST CLASS ROB KERNS
PHOTOS BY HEIDI ISRAEL

STUDENTS WELCOME "THEIR" SOLDIER HOME!

BATON ROUGE, La. — In a surprise visit to Parkview Baptist School on March 27, 2006, a Navy Reservist assigned to Navy Cargo Battalion (NCB) 13, Gulfport, Miss., got the opportunity to thank local students who "adopted" him during his deployment to Kuwait in support of the war on terror.

Storekeeper 3rd Class Christopher Israel spent the entire day speaking with different fourth-grade classes from Parkview Baptist School, thanking them for their support of him while he was deployed. Israel answered their questions about aspects of military life at home and while deployed.

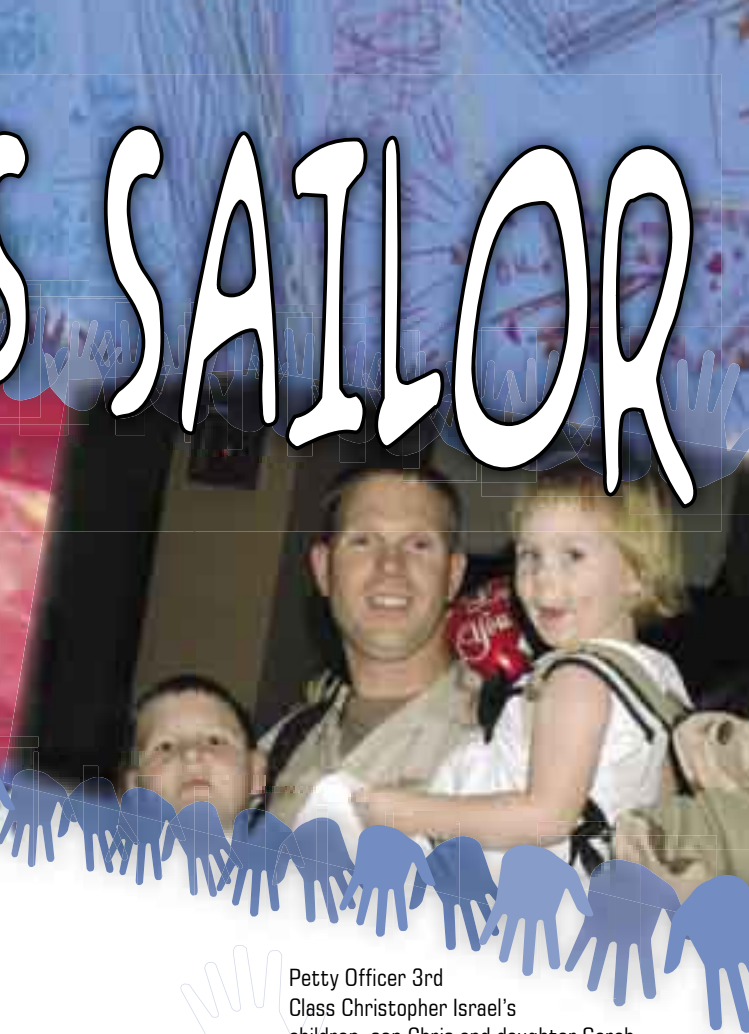
According to Parkview Baptist fourth-grade teacher Tiffany Villarreao, the students were concerned with Israel getting good food and having enough to eat while he was deployed.

Israel said the cards, letters and gifts he received from the fourth graders were a vital part of his ability to maintain a positive attitude while deployed.

According to Israel, the relationship began over the Christmas holiday when his wife, Heidi, placed an ad in the local paper saying "Merry Christmas" to her husband and the rest of the Sailors stationed aboard NCB 13.

Villarreao saw the ad contacted with Heidi to see how the Parkview Baptist students could send some Christmas wishes to Israel.

SCHOOL ADOPTS SAILOR



Petty Officer 3rd Class Christopher Israel's children, son Chris and daughter Sarah are happy to have Dad home too!

THE CLASS HAS BEEN THE BRIGHT SPOT

IN THE WHOLE DEPLOYMENT



The project excited the class.

"To them, the Soldiers and Sailors in Iraq are superstars and my class couldn't wait to begin sending Israel letters and gifts," said Villarreao. Christmas didn't end the correspondence. When Valentine's Day rolled around, the parents of Parkview students got involved and the number of cards and gifts sent to Israel and the rest of NCB 13 more than tripled.

"I was honored to come back and say 'thank you' to the teachers and students at Parkview," said Israel. "Their support helped to make the deployment bearable."

As the school year winds down, the students at Parkview hope to have one more opportunity to see Israel before the school's year-end award ceremony. **TNR**



**APPLY is open
for registration.
Now is the time to
ensure your checklist
is in order to give
yourself the best possible
chance for billet assignment.**

Planned Rotation Dates

by Chief Personnel Specialist (SW) Donnell Wright and
Mass Communications Specialist Seaman Quinn Whisner

Bad data input and falsely advertised billets!

Remember, PRD is the driving factor in the APPLY process.

How does it work? The APPLY system is set up to recognize a PRD that falls within a certain timeframe; for example, any PRD expiring on or before Dec. 31, 2006, for the upcoming FY07 APPLY board.

The APPLY system will find these particular PRDs and advertise the billet associated with it. This applies to all billets, command (tenure of two years) and senior officer non-command (tenure of three years with the exception of medical unit commanding/executive officers, senior nurse executives, senior dental executives, intelligence, cryptology officers; four years for JAG Corps and military judges assigned to Navy Reserve TRIJUDACT.)

Not only does the PRD determine which billet is to be advertised, it also serves as a determining factor by which the member is able to apply for other billets. If an officer's PRD is Dec. 31, 2006, or earlier, he or she may apply for all billets for which they are eligible. If an officer has tenure remaining in their billet assignment, they can only apply for command billet assignments.

The APPLY systems draws PRD information from the Reserve Headquarters System (RHS). RHS is updated via input through the Navy Standard Integrated Personnel System (NSIPS). PRD information is submitted via NSIPS, normally by the NSIPS clerk at the member's respective NOSC for review, release and subsequent update to RHS.

In short, if a member's PRD in NSIPS has gone through these stages, and is incorrect, it is very possible that it will be incorrect in RHS. For example, an officer selected to a command billet assignment via the FY06 APPLY board should have a PRD of Sept. 30, 2006, or Dec. 31, 2006.

Members are reminded that PRDs could have been adjusted to the latter date due to the APPLY board

What happens when planned rotation date (PRD) and file maintenance corrections are not completed prior to and during the APPLY process?

convening date being moved from June to August.

If a member's PRD is reflecting a date that doesn't correspond with the aforementioned dates, contact your Navy Reserve Activity for correction.

In accordance with COMNAVRESFORCOMNOTE 5400: "Officers aware of billets that are incorrectly advertised should contact the respective Echelon IV or V commands assigned the billet and initiate corrective action. Officers with approved retirement dates, before the end of their tenure, should have their IDT orders modified to correspond with their scheduled retirement date, thereby ensuring the billet gets advertised.

"Billets that are scheduled for deletion in FY07, with end dates in TFMMS (Total Force Manpower Management System)/RHS before Oct. 1, 2007, as a result of the ZBR (Zero-Based Review), reorganization, or other claimant action, will not be filled by the APPLY process. Officers filling billets that have an end date before March 31, 2007, must apply for a new assignment (Command and Non-Command) for FY07. Officers filling billets with end dates after March 31, 2007, whose PRD expires in FY07 or FY08 will remain in their assigned billet until the billet's deletion date, at which time they will be reassigned in pay for the remainder of FY07 using Interim Fills, Overgrade assignments, or other assignment wavers, as coordinated via their supporting Reserve Echelon IV."

All PRD and file maintenance is to be completed no later than April 15, 2006. This is important because COMNAVRESFORCOM (N12) will freeze the billet file for 45 days, beginning June 15, 2006, to stabilize billets from being deleted or created while applicants are creating their dreamsheets.

It's not too late! If there are extenuating circumstances that keep a member's PRD from being corrected, contact the APPLY team at one of the following email addresses: dustin.adams@navy.mil, leonard.bell@navy.mil or donnell.wright@navy.mil. **TNR**

Piney. "George is a great father and husband, and we definitely want him around for a long time."

The support for the lifestyle change wasn't only with George and Piney, but the children as well. In the evening, sit-up contests were started and the entire family began running together.

"When I first began the change in lifestyle walking was an effort for on me some days," said Plowden. "Then Estrada suggested I try running."

Plowden was shocked!

According to Plowden, walking short distances normally left him feeling winded and dizzy. The idea of being a runner completely stunned him.

Estrada explained to Plowden that it begins with one step. The change will come slowly, but it will come.

"My first lap was far from good, but now I'm up to five miles a day everyday. Whether it's hot or cold, raining or snowing, I'm getting my run in," said Plowden.

"All I asked him to do was try," said Estrada. "He did the rest. He has inspired the entire command fitness group to run with his efforts."

Plowden's family supports his running as he and his family are always looking for a five or 10 kilometer races to participate in.

"My wife is always running right beside me when I do a 5K and sometimes one or two of my kids are there too. It makes me proud of my whole family that we are doing this together," he said.

Plowden's pride in his family is reciprocal, as his family members are overwhelmed with his success.

"We are so proud of George and what he has accomplished," said Piney. "It wasn't an overnight process. But with patience and relying on each other as a family we have made a lot of changes for the better."

Since beginning his program, Plowden has been helped and inspired by many people along the way. Now he wants to help others with making their change.

"I almost lost my career and maybe my life with this. Now that I know there is a way to change I want to share it with others, so they can know you're never too old or too big make the change in your life" **TNR**



Master Chief Petty Officer of the Navy Terry Scott jokes with a Sailor stationed on board Fort Suse, Iraq. Scott spent two days at Fort Suse's Theater Internment Facility and forward operating base, touring the spaces and visiting with more than 700 active and Reservist service members.

*U.S. Navy photo by
Chief Mass Communication Specialist
Daniel Sanford*

The RC "**Force E-mail Distribution List**" (FEDL) was established two years ago to provide timely Navy Reserve info to the Force daily.

ANYONE who is interested in staying up-to-date on the Navy Reserve Force is highly encouraged to be part of this distribution list, specifically RC personnel (officers, enlisted and civilian employees), family members or civic community leaders.

To register, please e-mail CNRF Public Affairs, Cmdr. Ed Buclatin (ed.buclatin@navy.mil) and Lt. Adam Bashaw (adam.bashaw@navy.mil). In your e-mail, include your rank, name, billet and the e-mail addresses (NMCI and non-NMCI) you'd like to receive the info.

Membership to the FEDL is voluntary. If you are currently receiving RC Force e-mails and would like to be removed from the list permanently, please send an e-mail to CNRF PA with "UNSUBSCRIBE" in the subject line. All current members of the FEDL who want to remain on the list do not need to take any action.



FEDL Topics:

- CNRFC Daily News Clips
- CNR and CNRFC messages
- RC-related Naval messages
- Public Affairs guidance
- Updated policies/benefits for personnel and family members
- RC Operational Summaries
- RC articles of interest



Activation/Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

- ☐ Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- ☐ Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- ☐ Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- ☐ Copy(s) of current child support agreement(s).
- ☐ If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
 - Current license/certificate
 - Current BCLS, ACLS, PALS, etc.
 - Current demographic information if MC
 - Internship
 - Residency
 - Board certification in specialty or board certification qualifications.

B. Service Record/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).

C. Security Clearance

- ☐ Certified copy of naturalization papers.
- ☐ Names/addresses of personal/professional references (minimum of 3 each required).

- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits, etc.

E. Medical

- ☐ Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE Contact lenses may not be authorized depending upon duty assignment.)
- ☐ Extra hearing aid/batteries.
- ☐ Documentation of significant medical/dental conditions not documented in military medical/dental records.
- ☐ Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- ☐ Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- ☐ Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

F. Personal

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.
- ☐ Completed and mailed application for registration and absentee ballot (SF-86).

**** NOTE:** If requirements listed above for Service Record/PSD and Security Clearance are already reflected in your service record, you do not need to bring additional documents.



Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

- ☐ Verify whether you will be reimbursed for commercial or government berthing and messing:
- ☐ A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- ☐ Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

2. SELRES Pay & Allowance (for AT & ADT orders)

- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with electronic funds transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

NOTE: *Incomplete Travel Claims can result in returned or incomplete payment!*

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

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(703) 693-5757

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Chief of Navy Reserve
(703) 614-4506

Commander Navy Reserve
Forces Command
(504) 678-5313

Force Equal Opportunity
Advisor & EO Hotline
Senior Chief Michael Pope
1-877-822-7629

REDCOM Northeast
1-866-249-2454

Albany, N.Y.
(518) 489-5441

Amityville, N.Y.
(631) 842-4850

Bangor, Maine
(207) 942-4388

Brunswick, Maine
(207) 522-1064

Bronx, N.Y.
(646) 342-3754

Buffalo, N.Y.
(716) 807-4769

Earle, N.J.
(732) 580-8545
(732) 866-2888

Fort Dix, N.J.
(609) 351-1375

Fort Drum
(Watertown), N.Y.
(315) 212-0352

Glens Falls, N.Y.
(518) 505-4534

Horseheads, N.Y.
(607) 331-9309

Manchester, N.H.
(603) 303-0705
(603) 537-8023

New London, Conn.
(860) 625-3208

Newport, R. I.
(401) 841-4550

Plainville, Conn.
(860) 573-9180

Quincy, Mass.
(617) 777-7245
(617) 504-3024

Rochester, N.Y.
(585) 247-6858

Syracuse, N.Y.
(315) 455-2441

White River Junction, Vt.
(802) 295-0050

Worcester, Mass.
(508) 259-7103

REDCOM Mid Atlantic
1-866-538-4773

Adelphi, Md.
(301) 394-5800

Avoca, Pa.
(570) 407-1086

Baltimore, Md.
(410) 752-4561

Ebensburg, Pa.
(814) 341-2199

Erie, Pa.
(814) 866-3073

Harrisburg, Pa.
(888) 879-6649

Huntington, W. Va.
(304) 523-7471

Lehigh Valley, Pa.
(610) 264-8823

Moundsville, W.Va.
(850) 843-1553

Norfolk, Va.
(757) 635-4548

Pittsburgh, Pa.
(412) 673-0801

Reading, Pa.
(610) 378-0164

Richmond, Va.
(804) 833-2882

Roanoke, Va.
(540) 309-2563
(540) 563-9723

Washington, D.C.
(202) 391-6907

Willow Grove, Pa.
1-866-945-5694

Wilmington, Del.
(302) 998-3328

REDCOM Southeast
1-800-201-4199

Asheville, N.C.
(828) 777-1194

Atlanta, Ga.
(770) 722-4392
(678) 655-6392

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(706) 533-3439

Bessmer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Charlotte, N.C.
(704) 264-9159

Chattanooga, Tenn.
(423) 322-6814

Columbia, S.C.
(803) 606-4756

Columbus, Ga.
(706) 464-9895

Greensboro, N.C.
(336) 254-8671

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(228) 323-0064

Jacksonville, Fla.
(904) 542-3320

Knoxville, Tenn.
(865) 406-4024

Lexington, Ky.
(859) 494-1473

Louisville, Ky.
(502) 386-1721

Memphis, Tenn.
(901) 212-5354
(901) 874-5256

Meridian, Miss.
(601) 604-1865

Miami, Fla.
(305) 336-5572

Mobile, Ala.
(251) 490-0611

Nashville, Tenn.
(615) 429-0890

Orlando, Fla.
(407) 240-5939

Pensacola, Fla.
(850) 384-4023

Raleigh, N.C.
(866) 635-8393

Roosevelt Roads, P.R.
(787) 865-4300

St. Petersburg
(Clearwater), Fla.
(727) 744-9927

Tallahassee, Fla.
(850) 294-9158

Tampa, Fla.
(813) 486-0236

Tuscaloosa, Ala.
(205) 292-0198

West Palm, Fla.
(561) 315-7888
(561) 687-3960

Wilmington, N.C.
(910) 540-9676
(910) 762-9676

REDCOM South
1-866-587-0544

Albuquerque, N.M.
(505) 379-1366

Amarillo, Texas
1-866-804-1627

Austin, Texas
(512) 797-2250

Baton Rouge, La.
(225) 270-2751

Cape Girardeau, Mo.
(573) 576-9300

Cedar Rapids, Iowa
(319) 310-4796

Corpus Christi, Texas
(361) 728-5507

Des Moines, Iowa
(515) 205-6527

Dubuque, Iowa
1-866-556-2144

El Paso, Texas
(915) 276-6289

Fort Worth, Texas
(817) 271-8936

Harlingen, Texas
(956) 367-1856

Houston, Texas
(713) 502-2731

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(541) 941-5082

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(503) 285-4566

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Sioux Falls, S.D.
(605) 359-4113

Spokane, Wash.
(509) 879-9260

Tacoma, Wash.
(253) 209-0181

Whidbey Island, Wash.
(360) 257-2922

Naval Air Stations

Atlanta, Ga.
(678) 655-6392

Fort Worth, Texas
(817) 782-7152

New Orleans, La.
(504) 678-3254

Signonella, Italy
001-39-095-86-2359

Willow Grove, Pa.
(215) 443-6454

Naval Air Facility

Washington D.C.
(240) 857-4880

**Reserve Patrol Wing
(COMRESPATWING)**
(215) 443-6817

VP-62
(904) 542-2211

VP-66
(215) 443-6600

VP-65
(805) 989-8765/7598

VP-69
(360) 257-2522

VP-92
(207) 921-2092

VP-94
(504) 678-3324

**Fleet Logistics
Support Wing**
(817) 825-6438

VR-1
(240) 857-3722

VR-46
(678) 655-6333

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6553

VR-53
(240) 857-9029

VR-54
(504) 678-3700

VR-55
(805) 989-8755

VR-56
(619) 545-6920

VR-57
(757) 445-0746

VR-58
(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR-64
(215) 443-6400

**Carrier Air Wing
Reserve 20**
(678) 575-6830

VAQ-209
(240) 857-7828

VAW-77
(678) 655-6382

VFA-201
(817) 782-6363-221

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3645

RC Phone Directory

Bureau of Medicine and Surgery (202) 762-3415	Merchant Marine Program (504) 678-0590	Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Support Activity, Bahrain 011-1785-9019	Sealift Logistics Command Atlantic (757) 443-5653	US Seventh Fleet 011-81-6160-43-7440 x4090	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
Center for Naval Aviation Technical Training (361) 961-3618	Military Sealift Fleet Support Command (202) 685-5149	Naval Hospital Pensacola, Fla. (850) 505-6832	Naval Surface Force US Atlantic Fleet (757) 836-3234	Sealift Logistics Command Europe 011-39-081-568-3568	US Sixth Fleet 011-39-081-568-4634	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030
Center for Personal Development (757) 492-7622	Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894	Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2219 (619) 437-2342	Sealift Logistics Command Pacific (619) 553-7787	US Southern Command (305) 437-2987 (305) 437-1255	Reserve Intelligence Area Central Ft Sheridan, Ill. (847) 688-7210
Comptroller of Navy (OMN&R) (703) 614-0061	Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694	Naval Inspector General (202) 433-4707	Naval War College (401) 841-7801 (401) 841-4450 (401)-841-7539	Space And Naval Warfare Systems Command (619) 524-7323	US Special Operations Command (813) 828-3004	Naval Reserve Security Group Command
Comptroller of Navy (RPN) (703) 614-5528	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272	Naval Medical Center Portsmouth, Va. (757) 953-7700	Naval Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Force US Pacific Fleet (808) 473-2346	US Strategic Command (402) 294-8141 (402) 294-8121	Reserve Cryptologic Area East Fort Dix, N.J. (609) 562-1413
Defense Intelligence Agency (202) 231-4980	Naval Air Systems Command (301) 757-8512 (301) 342-9680	Naval Medical Education and Training Command (301) 319-4966	Navy Expeditionary Combat Command (757) 462-7400 x167	Submarine Group Nine (360) 396-6949	US Third Fleet (619) 524-9537	Reserve Cryptologic Area West San Diego, Calif. (619) 524-0239
Defense Logistics Agency (703) 767-5320	Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897	Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 256-1349	Submarine Group Ten (812) 573-4258	US Transportation Command (618) 229-7084	Reserve Cryptologic Area South Forest Park, Ga. (404) 469-7162
Destroyer Squadron Two (757) 444-1452 x509	Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403	Naval Network and Space Operations Command (540) 653-5001	Navy Installations Command (202) 433-4721	Submarine Group Two (860) 694-3122	Naval Reserve Intelligence Command	Reserve Cryptologic Area One Oak Harbor, Wash. (360) 257-2254
Employer Support of the Guard and Reserve DSN: 426-1390	Naval Construction Forces Command (757) 462-8225 x230	Naval Network Warfare Command (757) 417-6701	Navy Munitions Command (757) 887-4541	Submarine Squadron Eleven (619) 553-0747	Reserve Intelligence Command Headquarters Fort Worth, Texas 1-800-544-9962	Reserve Intelligence Area Three New Orleans, La. (504) 678-3411 1-888-347-2606
First Naval Construction Division (757) 462-8225 x229	Naval Education and Training Command (850) 452-9252	Naval Operational Logistics Support Center (757) 443-5274	Navy Office of Information (504) 678-6055	US Central Command (813) 827-6938 (813) 827-6941	Reserve Intelligence Area Four San Diego, Calif. (619) 524-6432 1-800-873-4139	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225
Fleet Activities Chinhae, Korea 011-82-55-540-2852	Naval Expeditionary Logistics Support Force (757) 256-1349 (757)-256-1384	Naval Operations Office of the Chief of Chaplains (504) 678-6446 (703) 614-4437	Navy Personnel Command (901) 874-4481	US European Command 011-49-711-680-4002	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501
Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157	Naval Facilities Engineering Command (202) 685-9010	Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Region Europe 011-44-207-514-4605 011-39-081-568-4636 011-39-081-568-8215	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Seven Jacksonville, Fla. (904) 542-3320	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011
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Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397	Naval Health Clinic Great Lakes, Ill. (847) 688-6699	Naval Special Warfare Operational Support Group (619) 437-5196	Navy Region Northeast (860) 694-2210 (203) 466-0314	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011
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			Navy Region Northwest (360) 315-3007	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Seven Jacksonville, Fla. (904) 542-3320	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
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			Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Naval Forces Southern Command (904) 270-7354 x4304	Reserve Intelligence Area One Oak Harbor, Wash. (360) 257-2254	Reserve Intelligence Area Two San Diego, Calif. (619) 524-6432 1-800-873-4139
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			Navy Region South (361) 961-2390	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738
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			Navy Region Northwest (360) 315-3007	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Nine Mt. Clemens, Mich. (586) 307-4501	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011
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			Navy Region South (361) 961-2390	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Seven Jacksonville, Fla. (904) 542-3320	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
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			Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Naval Forces Southern Command (904) 270-7354 x4304	Reserve Intelligence Area Five Aurora, Colo. (720) 847-6225	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738
			Navy Region Northwest (360) 315-3007	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Seven Jacksonville, Fla. (904) 542-3320	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
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Hospital Corpsman 3rd Class Justin Brock assists during an operation aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76).

*U.S. Navy photo by Mass Communication
Specialist Seaman Christine Singh*